

GOBIND MARG

**THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW**

MARCH 2022 – VOL XXIX ISSUE 3



The annual Sikh Hola Mahalla festival was established by Guru Gobind Singh ji in the city of Anandpur Sahib in the 17th century to ensure that the Sikhs were spiritually and physically ready for battle at all times. It involves daring horse stunts and displays of fighting prowess and bravery, with a strong element of spiritual participation, including listening to kirtan. At Anandpur Sahib (inset) on Baisakhi of 1699, Guru Sahib inaugurated the (saint-soldiers) Khalsa.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the restricted services of the Gurdwara these services are currently suspended.

The current Gurdwara programme appears on page 6.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD

Enquiries: **020 8577 2793** Email: khalsa@sgss.org Website: www.sgss.org

Daily Opening Times:

Gurdwara: 7:00am and 7:00pm. **Main Office:** 10:00am-5:00pm Daily

Matrimonial: 10:00am-1:00pm. Contact via email marriages@sgss.org

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

March 2022

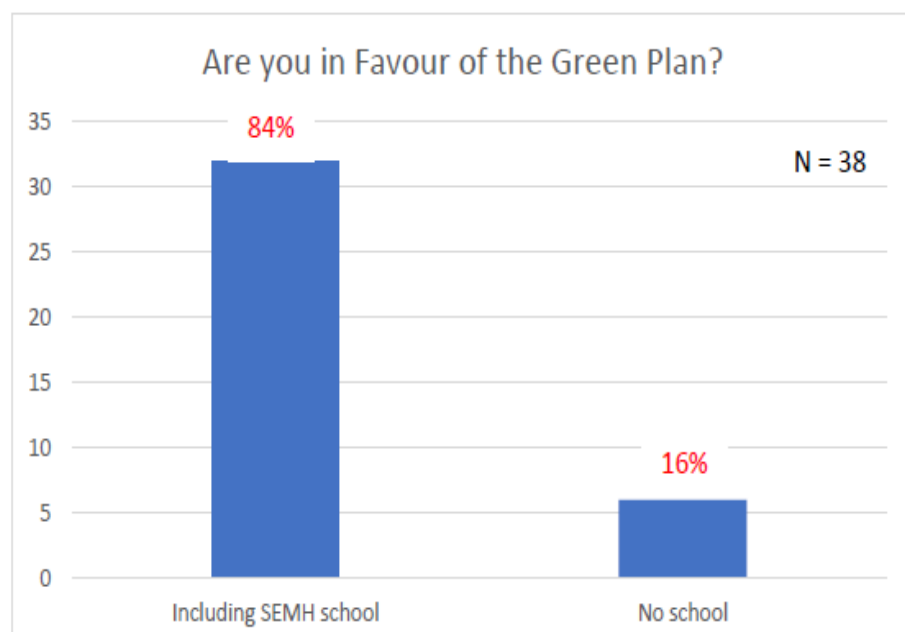
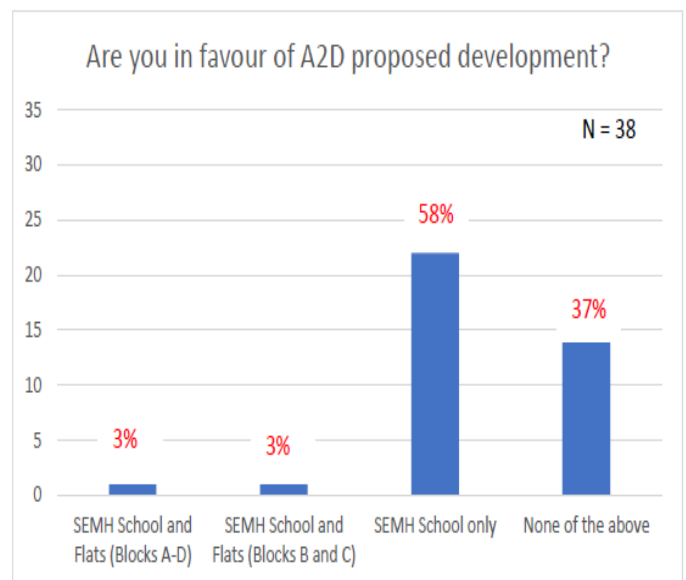
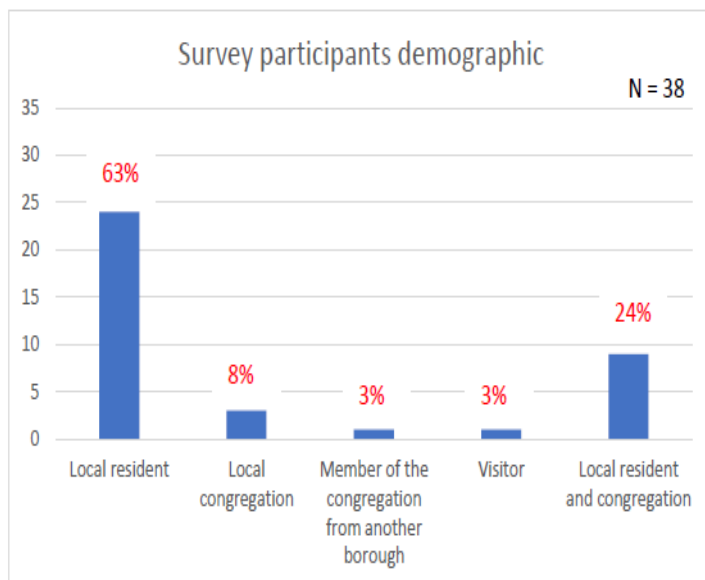
Important Days	Event	Nanakshahi Calendar Days	
		March ਫੱਲਗੁਨ/ ਚੇਤ	April ਚੇਤ/ ਵੈਸਾਖ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	14	14
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	2	1
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	18	16
Avtar, Parkash, Guruship, Gurgurb, Shahidi, Jyoti Jot/Barsi			
Guru Har Rai ji	Gurgaddi	14	
Guru Hargobind ji	Jyoti Jot	19	
Guru Angad Dev ji	Parkash/ Jyoti Jot		18/ 16
Guru Amar Das ji	Gurgaddi		16
Guru Har Kishan ji	Jyoti Jot		16
Guru Tegh Bahadur ji	Parkash/ Gurgaddi		18/ 16
Historical Dates & Events			
Hola Mahala	National Sikh Festival	19	
Sahibzada Jujhar Singh ji	Birthday		9
Vaisakhi	Birth of the Khalsa		14

The government has now removed C19 domestic restrictions in England. However, it is still possible to catch and spread C19, even if you are fully vaccinated. C19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others.

In regard to the adjoining land, the Gurdwara with the support of the sangat remains in favour of the education facilities BUT strongly challenges the construction of flats that will have a destructive impact on the neighbourhood. We held a 'Public Meeting' on the 19th February which was well attended by 74 local residents despite the adverse Eunice storm.

The results of the attendees survey show that of the 94% Local Residents:

- 97% do NOT want the overlooking Block A and
- 84% want a School with a Green Plan



The Contingency Planning Team continues to fiercely exhaust all avenues available to safeguard the Gurdwara and are addressing all avenues available. Any members of the congregation with special knowledge or skills in the field of 'Town Planning' or another related field are most welcome to assist. Contact details on page 3.

A recent 'amended drawing' submitted as a supplementary application by the landlord has meant that objections based on the balcony issue may be void – we are awaiting confirmation on this subject. However, as this is a cosmetic exercise, we request all those who may have received a communication from the council to resubmit their objection stating that your objections still stand and that the amendment does not address your specific objections of overlooking, overshadowing and loss of privacy.

The Gurdwara continues to seek your support. Please do this by:

- Signing the Petition – In-house forms & Postcards available in the Office and Online
- Writing to your local Councillors with your complaints.

Sangat Support:

We also seek much needed support from the sangat and the local communities to help us raise funds to secure the land to benefit the Sangat:

- **By Cheque:** Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
- **Online:** Donations can be made online at www.sgss.org/donate
- **BACS:** Barclays: Bank, Sort code 20 96 55 – Account 00859095

Bookings: To enable us to continue supporting the sangat, we are happy to discuss your needs. During February, the services performed were:

▪ Weddings	1
▪ Sukhmani Sahib Path/Kirtan	18
▪ Sehaj Path/Akhand Path	20
▪ Funerals	14
▪ School Visits	9

Disability Network Hounslow: This service runs every Friday 10am - 3pm, Ground Floor, New Annexe Building.

Health & Safety: Please ensure you follow the Government and Gurdwara guidelines at all times, to keep everyone safe. The Gurdwara encourages all visitors to observe social distancing, wear face covering and wash hands frequently.

Show Your Gratitude: Please donate to the Gurdwara to help run Sangat services:

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

Online: Donations can be made online at www.sgss.org/donate



PROGRAMME

Mon-Sat - Exc Tue - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	*AP SPB SS
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

***AP SPB SS – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib**

Please ensure the Government & Gurdwara Guidelines are followed



The *Anand Sahib* (Spiritual Bliss) is a sublime bani of the third Nanak, Guru Amar Das ji. Only the first five of its pauris and the concluding fortieth pauri are included as part of the Rehras Sahib bani found in the *Nitnem Gutkas*. These contain the five Banis that all Sikhs are enjoined to recite three times a day, as prescribed in the Sikh Rehat Maryada. The second pauri follows.

Line	ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਅਨੰਦੁ	Glossary	Contextual Meaning
	ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥		There is only One God; He is obtained by the grace of the True Guru.
1	ਏ ਮਨ ਮੇਰਿਆ ਤੂ ਸਦਾ ਰਹੁ ਹਰਿ ਨਾਲੇ ॥	ਏ ਮਨ ਮੇਰਿਆ	O my mind
2	ਹਰਿ ਨਾਲਿ ਰਹੁ ਤੂ ਮੰਨ ਮੇਰੇ ਦੂਖ ਵਿਸਾਰਣਾ ॥	ਦੂਖ ਵਿਸਾਰਣਾ	One who takes away pain
3	ਅੰਗੀਕਾਰੁ ਓਹੁ ਕਰੇ ਤੇਰਾ ਕਾਰਜ ਸਭਿ ਸਵਾਰਣਾ ॥	ਅੰਗੀਕਾਰੁ	One who gives support
4	ਸਭਨਾ ਗਲਾ ਸਮਰਥੁ ਸੁਆਮੀ ਸੇ ਕਿਉ ਮਨਹੁ ਵਿਸਾਰੇ ॥	ਸਭਨਾ ਗਲਾ ਸਮਰਥੁ	All Powerful (Omnipotent)
5	ਕਹੈ ਨਾਨਕੁ ਮੰਨ ਮੇਰੇ ਸਦਾ ਰਹੁ ਹਰਿ ਨਾਲੇ ॥੨॥	ਹਰਿ ਨਾਲੇ	Attached to Waheguru

ਪੰਜਾਬੀ ਅਰਥ

Line 1: ਹੇ ਮੇਰੇ ਮਨ! ਤੂੰ ਸਦਾ ਪ੍ਰਭੂ ਦੇ ਨਾਲ ਜੁੜਿਆ ਰਹੇ ॥

Line 2: ਹੇ ਮੇਰੇ ਮਨ! ਤੂੰ ਸਦਾ ਪ੍ਰਭੂ ਨੂੰ ਯਾਦ ਰਖ ॥ ਉਹ ਪ੍ਰਭੂ ਸਾਰੇ ਦੁੱਖ ਦੂਰ ਕਰਨ ਵਾਲਾ ਹੈ ॥

Line 3: ਵਾਹਿਗੁਰੂ ਸਦਾ ਤੇਰੀ ਸਹਾਇਤਾ ਕਰਨ ਵਾਲਾ ਹੈ ॥

Line 4: ਉਹ ਤੇਰੇ ਸਾਰੇ ਕੰਮ ਸਿਰੇ ਚਾੜ੍ਹਨ ਦੇ ਸਮਰੱਥ ਹੈ ॥ ਉਸ ਮਾਲਕ ਨੂੰ ਕਿਉਂ ਆਪਣੇ ਮਨ ਤੋਂ ਭੁਲਾਂਦਾ ਹੈ ਜੋ ਸਾਰੇ ਕੰਮ ਕਰਨ-ਜੋਗਾ ਹੈ ?

Line 5: ਨਾਨਕ ਆਖਦਾ ਹੈ - ਹੇ ਮੇਰੇ ਮਨ! ਤੂੰ ਸਦਾ ਪ੍ਰਭੂ ਦੇ ਚਰਨਾਂ ਵਿਚ ਜੁੜਿਆ ਰਹੇ ॥

English Rendition

Line 1: O my soul, remain ever attached with Waheguru.

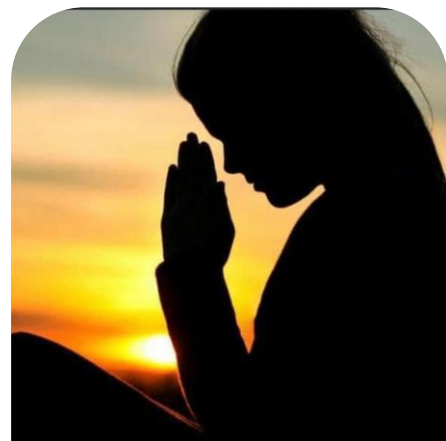
Line 2: O my soul, abide with Waheguru, the destroyer of all pain.

Line 3: Waheguru will accept you and will manage all your affairs.

Line 4: Waheguru is Omnipotent in all respects, do not ever forget Him.

Line 5: Satguru Nanak says, O my mind remain always absorbed in Waheguru.

We have learnt in the previous articles on Gurbani experience that the wisdom in the verses is pure and it can make a gurmukh feel close to God. The sacred divine love is the gift of Grace; only the chosen gurmukhs get to enjoy the essence in the shabads and experience the divine bliss.



Ang 103 ਸਫਲ ਸੁ ਬਾਣੀ ਜਿਤੁ ਨਾਮੁ ਵਖਾਣੀ ॥ Blessed are those words, by which the Naam is chanted.

ਗੁਰ ਪਰਸਾਦਿ ਕਿਨੈ ਵਿਰਲੈ ਜਾਣੀ ॥ Rare are those who know this, by Guru's Grace.

Ang 119 ਅੰਮ੍ਰਿਤ ਸਬਦੁ ਅੰਮ੍ਰਿਤੁ ਹਰਿ ਬਾਣੀ ॥ The Shabad is Amrit; the Lord's Bani is Amrit.

ਸਤਿਗੁਰਿ ਸੇਵਿਐ ਰਿਦੈ ਸਮਾਣੀ ॥ Serving the True Guru, it permeates the heart.

Ang 638 ਸਚੁ ਬਾਣੀ ਸਚੁ ਸਬਦੁ ਹੈ ਭਾਈ ਗੁਰੁ ਕਿਰਪਾ ਤੇ ਹੋਇ ॥ The True Word of the Guru's Bani, and the True Word of the Shabad, O Siblings of Destiny, are obtained only by Guru's Grace.

Ang 747 ਜੇ ਕੋ ਬਚਨੁ ਕਮਾਵੈ ਸੰਤਨ ਕਾ ਸੋ ਗੁਰੁ ਪਰਸਾਦੀ ਤਰੀਐ ॥ One who practices the Teachings of the Saints, by Guru's Grace, is carried across.

Ang 749 ਅੰਮ੍ਰਿਤੁ ਬਚਨੁ ਰਿਦੈ ਉਰਿ ਧਾਰੀ ਤਉ ਕਿਰਪਾ ਤੇ ਸੰਗੁ ਪਾਈ ॥ I enshrine Your Ambrosial Word within my heart. By Your Grace, I have found the Company of the Holy.

Ang 961 ਅੰਮ੍ਰਿਤੁ ਬਾਣੀ ਸਤਿਗੁਰੁ ਪੂਰੇ ਕੀ ਜਿਸੁ ਕਿਰਪਾਲੁ ਹੋਵੈ ਤਿਸੁ ਰਿਦੈ ਵਸੇਹਾ ॥ The Word of the Perfect True Guru's Bani is Ambrosial Nectar; it dwells in the heart of one who is blessed by the Guru's Mercy

Ang 1062 ਨਿਰਮਲ ਬਾਣੀ ਕੇ ਮੰਨਿ ਵਸਾਏ ॥ Rare is that person who enshrines the Immaculate Bani of the Guru's Word within his mind.

ਗੁਰੁ ਪਰਸਾਦੀ ਸਹਸਾ ਜਾਏ ॥ By Guru's Grace, his skepticism is removed.

From the verses above it is revealed that the divine realm is the true abode, steady home, *sach khand*, *har ka dham* and *har dar*. This is where there is satsang, kirtan and non-stop simran being performed. There is no reach here for manmukhs who are engrossed in wordly materialistic affairs and power possessions.

We try to experience and understand Gurbani by reading the words and want to enjoy the hidden meaning and divine bliss of pure light, but this is made difficult because we use our intellect and wordly incomplete knowledge; this approach would not reveal the true divinity.

Ang 9 **ਸੁਣਿ ਵਡਾ ਆਖੈ ਸਭੁ ਕੋਇ ॥** Hearing of His Greatness, everyone calls Him Great.

ਕੇਵਡੁ ਵਡਾ ਡੀਠਾ ਹੋਇ ॥ But just how Great His Greatness is, is known only to those who have 'seen' Him.

Ang 1032 **ਸੁਣਿ ਸੁਣਿ ਆਖੈ ਕੇਤੀ ਬਾਣੀ ॥** Many listen and listen, and speak the Guru's Bani.

ਸੁਣਿ ਕਹੀਐ ਕੇ ਅੰਤੁ ਨ ਜਾਣੀ ॥ Listening and speaking, no one knows His limits.

Satguru Nanak's soul was a divine image and pure *Naam*, God like being who took the form of the human body made of the five elements. Guru ji came to the world to spread the Word '*Naam*' of God so that we could experience his *darshan* with our eyes and listen to the divine *Shabad Bani* with our ears. This happened so that after listening to the melody in the verses we could become spiritual and experience and enjoy the bliss of the divinity within us. Also, to help the gurmukhs transform their spirit to become pure and illuminated in the divine light, when they sit in the *satsang*.

Ang 96 **ਜਨੁ ਨਾਨਕੁ ਬੋਲੈ ਅੰਮ੍ਰਿਤੁ ਬਾਣੀ ॥** Servant Nanak speaks the Ambrosial Bani of the Word.

ਗੁਰਸਿਖਾਂ ਕੈ ਮਨਿ ਪਿਆਰੀ ਭਾਣੀ ॥ It is dear and pleasing to the minds of the Gursikhs.

ਉਪਦੇਸੁ ਕਰੇ ਗੁਰੁ ਸਤਿਗੁਰੁ ਪੂਰਾ ਗੁਰੁ ਸਤਿਗੁਰੁ ਪਰਉਪਕਾਰੀਆ ਜੀਉ ॥ The Guru, the Perfect True Guru, shares the Teachings. The Guru, the True Guru, is Generous to all.

Guru Nanak is not physically present on the Earth now but he has left his divine wisdom, hukam, shabad, divine bani, teaching and gyan in the form of Gurbani for us; a divine treasure. This is the evidence that Guru Nanak came to us to teach us the path to Waheguru, so that we could follow the spiritual gyan and message in the Gurbani shabads, our spirit could transform when we sit in the presence of 'Guru Roop', the Guru Granth Sahib ji and experience the divine light and gyan present in the divine verses.

Ang 679 **ਗੁਰ ਕਾ ਬਚਨੁ ਬਸੈ ਜੀਅ ਨਾਲੇ ॥** The Guru's Word abides with my soul.

ਨਿਰਧਨ ਕਉ ਧਨੁ ਅੰਧੁਲੇ ਕਉ ਟਿਕ ਮਾਤ ਦੂਧੁ ਜੈਸੇ ਬਾਲੇ ॥ It is like wealth to the poor, a cane for the blind, and mother's milk for the infant.

Ang 759 **ਮੈ ਗੁਰਬਾਣੀ ਆਧਾਰੁ ਹੈ ਗੁਰਬਾਣੀ ਲਾਗਿ ਰਹਾਉ ॥** I have the Support of the Word of the Guru's Bani. Attached to Gurbani, I survive.

Ang 1056 **ਸਾਚੀ ਬਾਣੀ ਅਨਦਿਨੁ ਗਾਵਹਿ ਨਿਰਧਨ ਕਾ ਨਾਮੁ ਵੇਸਾਹਾ ਹੇ ॥** Night and day, they sing the True Word of His Bani. The Naam is the wealth of the poor.

Ang 1074 **ਪੂਰੇ ਗੁਰ ਕੀ ਪੂਰੀ ਬਾਣੀ ॥** Perfect is the Word of the Perfect Guru.

ਪੂਰੈ ਲਾਗਾ ਪੂਰੇ ਮਾਹਿ ਸਮਾਣੀ ॥ One who is attached to the Perfect Lord, is immersed in the Perfect Lord.

Ang 1335 **ਗੁਰ ਕੀ ਬਾਣੀ ਸਿਉ ਲਾਇ ਪਿਆਰੁ ॥** So embrace love for the Word of the Guru's Bani.

ਐਥੈ ਓਥੈ ਏਹੁ ਅਧਾਰੁ ॥ Here and hereafter, this is your only Support.

We can get the wisdom from Gurbani if we concentrate on the hidden meaning in the shabads. That in turn will touch our soul, otherwise we only waste our life time and miss the golden chance to experience the essence in the divine verses,

'ਹੀਰੇ ਜੈਸਾ ਜਨਮ ਕੌਡੀ ਬਦਲੇ ਜਾਇ ॥'

All over the world there are so many Sikh programmes in the gurdwaras such as *samagams*, *kirtan*, *katha vichaar*, *paath*, *jap*, and *karam kirya* being performed but the majority of the sangat fails to get the hidden meaning and the spiritual message. This is said in the gurbani verses:

Ang 68 **ਪੜੀਐ ਗੁਣੀਐ ਕਿਆ ਕਥੀਐ ਜਾ ਮੁੰਢਹੁ ਘੁਥਾ ਜਾਇ ॥** What is the point of reading, studying and debating, if one loses his roots?

Ang 973 **ਪੜੀਐ ਗੁਣੀਐ ਨਾਮੁ ਸਭੁ ਸੁਨੀਐ ਅਨਭਉ ਭਾਉ ਨ ਦਰਸੈ ॥** They read and reflect upon all the Names of God; they listen, but they do not see the Lord, the embodiment of love and intuition.

ਲੋਹਾ ਕੰਚਨੁ ਹਿਰਨ ਹੋਇ ਕੈਸੇ ਜਉ ਪਾਰਸਹਿ ਨ ਪਰਸੈ ॥ How can iron be transformed into gold, unless it touches the Philosopher's Stone?

What is frequently lacking in our way to become gurmukhs is deep concentration, time and dedication.

We will conclude our Gurbani Experience journey in the final part of this series of articles in the April 2022 issue.

Holi is a colour festival celebrated throughout India mostly by the Hindu population since times immemorial. This occurs in March and marks the end of winter and the beginning of summer. Everywhere young and older people can be seen sprinkling coloured water on each other and singing, dancing and generally enjoying themselves.

In the 18th century however Guru Gobind Singh realised that this pursuit of happiness for its own sake does not fill any practical purpose and that the celebrations for several days are a sheer waste of time and energy. After considerable thinking, he gave the event a twist. He earmarked the days just after the last day of Holi and asked Sikhs to celebrate a different festival in quite a novel way. Guru Sahib called the event the Hola Mohalla. All Sikhs started participating in Hola, the festival of display, where young men and women held competitions among themselves, showing skills of swordsmanship, archery, horse riding and many other martial arts.

Since then Sikhs have been enthusiastically celebrating Hola Mohalla. Today its main centres are in Amritsar, Anand Pur Sahib and Mukatsar, where the participants have a chance to show their prowess with great pomp and show. Previously people used to reach Anand Pur Sahib a couple of days before but nowadays devotees arrive there from all parts of India and even abroad. They come in every available vehicle including buses, motor cycles, trucks and trolleys. They may have a holy dip in the sarovar of Takht Sri Kesgarh Sahib and have food from any one of the many langars organised by individual volunteers and organisations, along all the roads leading to the town.



Nihang Singhs (*Guru di ladli fouj*) are the main attraction of the present day Hola Mohalla celebrations. They are keen to preserve their heritage and tradition. They still live in camps called *Chhawni*, eat from iron utensils called the '*batta*' and on the move they progress in formations. They prepare and distribute huge quantities of a rich concoction of sweetened milk, almonds and other nuts.

The Nihangs are probably the most photographed people in the area because of their newly stitched *choga* and *shaster* (or weapons). They pay special attention to their *dumala* or *pharhara* - the unique conical turban that makes them easy to spot from a distance. Dressed in their saffron or deep blue robes, they move from their chhawnies led by horsemen beating their *nagaras*. Armed with their traditional weapons, they pay their obeisance at the Takhat Kesgarh Sahib Gurdwara and proceed towards Guru Ka Lahore from where they rush to the sandy bed of Charan Ganga to perform their feats of bravery.

Although the festival lasts for three days, the movements of the devotee lasts for a full week. Hola Mohalla is a symbolic celebration of liberty, freedom, bravery and wisdom, and if need be, preparedness to face an enemy. All the programmes are conducted with a sense of *sewa* and humility, in the name of the Guru.

Sikhism is the world's first spiritual tradition to start the movement for gender equality. There have been many famous Sikh women throughout history up to the present day. Sikhism plays a crucial role in the lives of Sikh women. To understand their values and behaviour, it is important to discuss some of the main principles of Sikhism.

Guru Nanak Dev Ji, the founder of the Sikh religion, decided to crusade against fanaticism and intolerance, which had become the practice of the ruling class of Muslims, and against the meaningless ritual discrimination suffered by the lower castes and women which had become an integral part of Hindu life. The two prevalent religions, Hinduism and Islam, were being misinterpreted and misused by their interpreters. Guru Nanak Dev Ji, assessing the situation, wanted to find a path that would unite Hindus and Muslims and establish unity and equality in humankind. He also wanted a religion that would be practical and offer guidance for daily life, giving strength and self-recognition to the poor. Successive Gurus contributed to the development and expansion of Sikhism. Bebe Nanaki was Guru Nanak Dev Ji's sister and the first converted Sikh. She played a vital role in sustaining and spreading Guru Nanak Dev Ji's spiritual message. Mata Tripta was Guru Nanak Dev Ji's mother and encouraged Guru Nanak Dev Ji to pursue his lifelong mission.



Mata Khivi was Guru Angad Dev Ji's wife and she occupies a special place in Sikh history. She played a critical role in the second Guru's life. Her most important contribution is that she made the concept of *langar* (community kitchen), a reality. She helped create a new social consciousness in Sikh women.

Bibi Bhani has a unique position in Sikh history. She was the daughter of the third Guru (Guru Amar Das Ji), wife of the fourth Guru (Guru Ram Das Ji), and mother of the fifth Guru (Guru Arjan Dev Ji). Bibi Bhani was an inspiration during the formative period of Sikh history and she symbolizes responsibility, dedication, humility, and fortitude.

Mata Gujri was an illuminating force behind her husband Guru Tegh Bahadur Ji and her son Guru Gobind Singh Ji (the tenth Guru). After the martyrdom of Guru Tegh Bahadur Ji, Mata Gujri guided and inspired her son Guru Gobind Singh Ji. She was responsible for the training of the Sahibzadas (the four sons of Guru Gobind Singh Ji) who gave their lives for Sikhism while they were still very young. Mata Gujri was an inspiring force during one of the most difficult times in Sikh history.

Mata Sundri, wife of Guru Gobind Singh Ji, nurtured and guided the Khalsa for approximately forty years after the Guru's death. She was deeply spiritual, as well as intellectual, and was responsible for making the scholarship a central part of Sikh life. She

helped provide leadership for the Sikhs in a very difficult and tumultuous time following the passing away of Guru Gobind Singh Ji. She also helped to maintain the sanctity of the Sri Guru Granth Sahib Ji as the successor of Guru Gobind Singh Ji and dealt strictly with pretenders and other aspirants of Guruship.

Mata Sahib Kaur, the Spiritual Mother of the Khalsa. During the first *Amrit* ceremony of the Khalsa on Vaisakhi 1699, she added sugar wafers '*Patasas*' in the preparation of the *Holy nectar (Amrit)* to infuse mercy and benevolence into the pre-existing properties (courage and strength) of the *Amrit*. Sikh Women are vital to the foundation and the future of the Sikh way of life. On this auspicious occasion, let us be inspired by Mata Sahib Kaur's courage and compassion and continue to stay involved in our communities.

The main sources of Sikh teachings quoted by Sikh women are the sacred scripture of the Sikhs, the Sri Guru Granth Sahib Ji, Janam Sakhis (life stories of Gurus), and Rehatnama.

Sikh belief in '*Kirt Karo*' has had a significant impact on Sikh women. They do not like to beg or ask for financial help, even when they are in difficult circumstances. Within Sikhism, a person should remain the same in happiness and grief, believing that everything happens according to the will of God (*Guru Da Bhana*).

One is not born a Sikh but acquires that status by following Sikh teachings and undergoing the specifically religious rite of *Amrit Chhakna*. The ceremony is for women as well as men and takes place at an age when the person can understand its significance. Taking *Amrit* is an expression of commitment for a Sikh. Five Sikh men or women can perform this rite. Both outwardly and inwardly they should represent the perfection of a Sikh. If the place where the ceremony is held is one where there is a certain amount of privacy, there is no restriction upon the location or on the number of people taking part.

We conclude with some verses of Guru Nanak Dev ji - SGGS Ang 473:

ਭੰਡਿ ਜੰਮੀਐ ਭੰਡਿ ਨਿੰਮੀਐ ਭੰਡਿ ਮੰਗਣੁ ਵੀਆਹੁ ॥

From woman, man is born; within woman, man is conceived; to woman he is engaged and married.

ਭੰਡਹੁ ਹੋਵੈ ਦੋਸਤੀ ਭੰਡਹੁ ਚਲੈ ਰਾਹੁ ॥

Woman becomes his friend; through woman, future generations come.

ਭੰਡੁ ਮੁਆ ਭੰਡੁ ਭਾਲੀਐ ਭੰਡਿ ਹੋਵੈ ਬੰਧਾਨੁ ॥

When his woman dies, he seeks another woman; to woman he is bound.

ਸੇ ਕਿਉ ਮੰਦਾ ਆਖੀਐ ਜਿਤੁ ਜੰਮਹਿ ਰਾਜਾਨ ॥

So why degrade her from whom kings are born?

ਭੰਡਹੁ ਹੀ ਭੰਡੁ ਊਪਜੈ ਭੰਡੈ ਬਾਝੁ ਨ ਕੋਇ ॥

From woman, woman is born; without woman, there would be no one at all.



Phagan is the twelveth month in the Nanakshahi Calendar (12 February to 13 March). All over Panjab it is Basant (spring) season and everywhere you look there is newness being created in the fields; all full with colours of nature, the fruits will come in time.



According to Bhara Maha in Gurbani by Guru Arjun Dev ji, Ang 136 Guru Granth Sahib, something is being created but it has not yet been born. It is a time of joy and excitement at what is to come!

ਫਲਗੁਣਿ ਅਨੰਦ ਉਪਾਰਜਨਾ ਹਰਿ ਸਜਣ ਪ੍ਰਗਟੇ ਆਇ ॥

In the month of Phalgun, bliss comes to those, unto whom the Lord, the Friend, has been revealed.

ਸੰਤ ਸਹਾਈ ਰਾਮ ਕੇ ਕਰਿ ਕਿਰਪਾ ਦੀਆ ਮਿਲਾਇ ॥

The Saints, the Lord's helpers, in their mercy, have united me with Him.

ਸੇਜ ਸੁਹਾਵੀ ਸਰਬ ਸੁਖ ਹੁਣਿ ਦੁਖਾ ਨਾਹੀ ਜਾਇ ॥

My bed is beautiful, and I have all comforts. I feel no sadness at all.

ਇਛ ਪੁਨੀ ਵਡਭਾਗਣੀ ਵਰੁ ਪਾਇਆ ਹਰਿ ਰਾਇ ॥

My desires have been fulfilled-by great good fortune, I have obtained the Sovereign Lord as my Husband.

ਮਿਲਿ ਸਹੀਆ ਮੰਗਲੁ ਗਾਵਹੀ ਗੀਤ ਗੋਵਿੰਦ ਅਲਾਇ ॥

Join with me, my sisters, and sing the songs of rejoicing and the Hymns of the Lord of the Universe.

ਹਰਿ ਜੇਹਾ ਅਵਰੁ ਨ ਦਿਸਈ ਕੋਈ ਦੂਜਾ ਲਵੈ ਨ ਲਾਇ ॥

There is no other like the Lord-there is no equal to Him.

ਹਲਤੁ ਪਲਤੁ ਸਵਾਰਿਓਨੁ ਨਿਹਚਲ ਦਿਤੀਅਨੁ ਜਾਇ ॥

He embellishes this world and the world hereafter, and He gives us our permanent home there.

ਸੰਸਾਰ ਸਾਗਰ ਤੇ ਰਖਿਅਨੁ ਬਹੁੜਿ ਨ ਜਨਮੈ ਧਾਇ ॥

He rescues us from the world-ocean; never again do we have to run the cycle of reincarnation.

ਜਿਹਵਾ ਏਕ ਅਨੇਕ ਗੁਣ ਤਰੇ ਨਾਨਕ ਚਰਣੀ ਪਾਇ ॥

I have only one tongue, but Your Glorious Virtues are beyond counting. Nanak is saved,

falling at Your Feet.

ਫਲਗੁਣਿ ਨਿਤ ਸਲਾਹੀਐ ਜਿਸ ਨੇ ਤਿਲੁ ਨ ਤਮਾਇ ॥

In Phalgun, praise Him continually; He has not even an iota of greed.

Guru sahib as the seeker, the human-bride says:
That human-bride for whom the love of the spouse has bloomed in her mind; in her heart rejoicing has happened every day and she has lost egoism, no more attachment of the mind. She pleads, 'O spouse having bestowed grace; come into my home-heart'.



The mind no longer is fixed on the external environment that changes, but now without doubt it is clear and there is no conflict between the heart and mind. The mind is excited in love and radiant each day without attachments or greed.

Now the mind says, 'I am ready for the spouse to come home, ready for the meeting; previously tried various outlooks and decorated myself but now I am ready to meet you'.

Waheguru Mehar Karan!



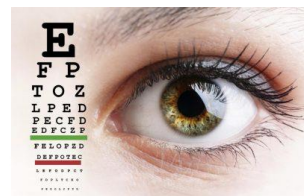
Importance of Regular Eye Tests

Advisory

Many people think eye tests are “just for people who need glasses”. This is not true. A visit to the optician is not just to see if you need glasses, but more importantly is a complete eye health check. Many people who have conditions such as glaucoma do not have any symptoms at all, but this condition can slowly and painlessly destroy your eyesight. Unfortunately sight lost from glaucoma cannot be regained. You can lose a lot of sight before you become aware that a problem exists.

There are some factors which increase your risk of glaucoma:

- Are you over 40
- Is Glaucoma in your family
- Are you short-sighted
- Do you have diabetes



Whilst these are considered risk factors, they are not exhaustive; you should still have eye tests regularly, even if you do not fall into any of the above groups. Opticians often diagnose these conditions before the person is aware of the problem. Once diagnosed glaucoma is usually easily controlled with the use of eyedrops

The Punjabi School organised a trip to Kew Gardens.

20th March – Talk by Countryside Ranger on “UK Reptiles & Conservation in the Borough” at Hounslow Gurdwara in the School Building, 1st floor. The talk starts at 11:15, please arrive at 11:00 am. All welcome, the talk is free. We would appreciate if you could donate towards the animal centre based at Bedfont Lakes Country Park

Chiswick House & Gardens are running two free open weekends (26–27 February and 5–6 March) for visitors to enjoy a glimpse of their famous camellia collection, housed in their Georgian Conservatory.



There will also be a pop-up shop with a selection of gorgeous camellia-themed products including the popular Chiswick House & Gardens Camellia and Cedar Gin, plus a limited number of Chiswick House propagated camellia plants. All income from the shop will help support the preservation of these precious camellias.

Camellia talk On Saturday, 5 March at 3pm there will be fascinating talk by Nadege Forde-Vidal about the Camellia Sinensis, also known as the tea plant. Find out how this member of the camellia family has crossed boundaries between art, medicine, religion, horticulture, trade and social behaviour for centuries.

Cultivate London run regular FREE drop-in community gardening sessions at The Salopian Garden in Isleworth, Every Wednesday 10am-4pm.

Sapling Corner

Do you believe passionately in environmental issues and the need for us to rise to the challenges of climate change? Then you could be just the right person to join one of the borough's Community Reference Groups (CRGs).

Hounslow Council are looking for people from all walks of life to sign up to one of three CRGs and help to make the borough a cleaner, greener and healthier place for generations to come

CRGs are groups of like-minded people, from all backgrounds, who have a shared interest in improving their neighbourhood and environment. The Council is updating the groups to expand the range of important issues cover.

The three groups are the Cleaner Greener GRG, the Climate and Clean Air CRG and the Youth CRG. The Cleaner Greener CRG will concentrate on parks and open spaces, waste and recycling, sustainable transport and environmental education.

Climate and Clean Air CRG issues include improving the borough's air quality and supporting the goal of Hounslow becoming a net-zero carbon borough.

The Youth CRG will be for young people aged 18 and 25 who want to play a role in shaping the borough's response to environmental issues.

For more information, please Email environmental.champion@hounslow.gov.uk.



Dear wonderful local community groups,

We are looking forward to returning the Discovery and Access programme to Kew Gardens in 2022! Over the coming months we will be running a range of inclusive tours and activities for groups and individuals. Please see below for what's on offer and how to book! All Discovery activities are free and include free entry to the Gardens.

Community Wellbeing Walks

Explore Kew's beautiful surroundings on one of our Community Wellbeing Walks.

Next Walks:

- Wednesday 2 February: 11am – 12pm
- Wednesday 2 March: 11am – 12pm.

Dementia Friendly Health Walks

Join us for a relaxing, gentle walk through Kew Gardens. Designed for people living with dementia and their carers. Next walks:

- Tuesday 8 February: 11am – 12pm
- Tuesday 8 March: 11am – 12pm

Tours with British Sign Language

Led by our experienced tour guides, these British Sign Language tours are for anyone who is D/deaf or hard of hearing. Tours:

- Wednesday 9 February: 11am – 12pm
- Sunday 13 March: 11am – 12pm

Sensory Tours

Designed for visitors with sight loss. This sensory experience gives you the chance to explore the Gardens through touch and smell. Tours:

- Wednesday 9 February: 2– 3pm
- Sunday 13 March: 2 – 3pm

Please get in touch at discovery@kew.org to find out more and book any of the above activities.

SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.

Personal and telephone enquiries are welcome as follows:

Monday – Sunday (7 Days) **10:00am – 1:00pm** Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

The current list of our matrimonial partners appears below.

MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2933	15-Oct-74	GCSE, BTEC Business & Finance	British Airways	5' 10"
2934	11-Feb-94	BSc(hons) Biochemistry, Dentistry	Dentist	5' 08"
2936	19-Jun-94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14-Apr-90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2938	26-Jul-90	MBBS, FRCR	Hospital Doctor-ST5 final yr	5' 10"
2939	26-Aug-95	BDS	Dentist-self employed	5' 9.5"
2940	29-Jul-94	BSc(hons), MBBS	NHS Hospital Doctor	5' 10"
2941	19-Jan-89	BSc Business Management	Online Sales at Sky TV	6' 00"
2942	27-May-92	BSc(hons), PGDiP	Architect	5' 09"
2943	22-Jan-88	MBBS, BSC(hons), FRCR	Radiology Consultant	5' 10"
2944	12-Aug-95	Dispensing Optician	Store Manager-Specsavers	5' 11"
2945	30-Jan-90	Carpentry	Property Management	5' 06"
2946	11-Oct-94	BSc, ACA	Chartered Accountant	5' 09"
2947	26-Sep-82	Accountancy	Own Business- Estate Agency	5' 11"
2948	25-Feb-93	BA(hons) Airline/Airport Management	Regional Education Manager	5' 11"
2949	19-May-95	MBChB	Junior Doctor	6' 00"
2950	28-Aug-93	MSc Quantity Surveying	Covid Trace & Track Admin.	6' 02"
2951	08-Apr-91	BSC(hons) Economics	Risk Consultant	6' 01"
2952	20-May-87	Degree Building Surveying	Senior Risk Officer	5' 09"
2953	25-Apr-88	M Eng Materials Sci. & Eng., ACA	Senior Finance Business Partner	5' 09"
2954	16-Mar-86	MSc Structural engineer, B Eng(hons)	Project designer	5' 10"
2955	07-Oct-88	BSc Pharmacy	Own Pharmacy Business	6' 01"
2956	26-Apr-97	Degree Maths & Physics	Policy Advisor in Civil Service	6' 02"

2958	18-Mar-90	Charter Accountant	British Gas	5' 08"
2959	27-Oct-89	BSc Maths & Management	Finance Manager	5' 07"
2960	20-Sep-79	BSc, MSc Info. Security	Business Owner	5' 10"
2961	11-Dec-90	BSc(hons) Computer Science	Automation Engineer	6' 00"
2962	01-Aug-79	BSc IT Computer Studies	IT Engineer	5' 08"
2963	25-Sep-88	BA Sociology, GDL, LPC	Solicitor	5' 10"
2964	24-Jan-93	Degree Civil Engineering	Senior Quantity Surveyor	6' 00"
2965	19-Feb-90	BSc(hons), MSc Computer Science	Senior Software Engineer(ARM)	5' 07"
2966	03-Sep-87	MSc Computer Science	End Point Clinical IT Consultant	5' 10"
2967	23-Mar-88	BA(hons); ACCA Chartered Accountant	Finance Project Manager	5' 09"
2968	18-Sep-88	MBBS	Psychiatrist (Specialist Doctor)	5' 08"
2969	09-Apr-96	BSc(hons), MSc(hons)	Educational Supp./Private tutor	5' 07"
2970	15-Dec-94	BSc(hons) Quantity Surveying	Quantity Surveyor Comm. Mngr	6' 00"
2971	27-Jul-88	Medical Doctor	NHS	6' 00"
2973	28-Apr-93	BSc(hons) Media Studies	Intermediate Level Programme	5' 09"
2974	09-Dec-87	BA, ACA	Chartered Accountant	6' 02"
2975	13-Mar-87	BSc Finance & Accounting	Management Accounting Analyst	6' 00"
2976	29-Sep-84	MBBS	GP Doctor	5' 06"
2977	26-Nov-82	LLB	Lawyer	5' 09"
2978	23-Nov-82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2979	15-Mar-91	Degree Computer Studies	IT Analyst	5' 03"
2980	28-Jun-86	B Eng(hons) Electronic Engineering	Aerospace Design Engineer	5' 06"
2981	27-Jun-89	BA Econ & History, MA Management	Demand Planner	5' 10"
2982	06-Jul-93	BSc Biomedical Science	Bio-medical Scientist	5' 07"
2983	28-Oct-85	Degree	Engineer	6' 01"
2985	19-Apr-84	BA ecomonics, IMA Chartered Account	Snr Commercial Finance Anlyst	5' 09"
2986	26-Nov-89	Bachelors Degree	Associate Director, Restructuring	6' 00"
2987	11-Dec-84	A Level, College Level	Estate Agent - Own Business	5' 11"
2988	13-Jan-91	MEng Chemical Engineering	Software Engineer	5' 10"
2989	21-Mar-93	M Pharm	Pharmaceutical Industry/NHS	6' 03"
2990	02-Jun-79	MBChB, General Practioner	GP	5' 10"
2991	26-Jun-81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2992	31-Dec-87	LLB (hons) MA Law	Corporate/Commercial Lawyer	5' 08"
2993	21-May-88	AS A Level	Senior Sales Manager	6' 00"
2994	04-Feb-94	BSc Sci. MSc Business Technology	Contracts Manager	6' 02"
2995	22-Feb-87	MBBS, BSc(hons)	Doctor	6' 00"
2996	26-Sep-96	graduate in Mathematics	Delivery Driver	5' 07"
2997	04-Feb-88	LLB(hons), LPC Law	Associate Director, Finance Bank	6' 00"
2998	30-Jan-92	BDS	Associate Dentist	6' 01"
2999	19-Mar-92	BA Economics	Management Accountant	6' 03"
3000	09-Sep-89	BSc Economics	Project Manager	5' 08"
3001	17-Sep-84	BSc(hons) Software Engineering	Network Engineer	5' 10"
3002	22-Jun-85	PhD, MSc, BSc	Associate Director	5' 09"

3003	01-Apr-81	BSc, MSC, MBA	Company Director	6' 04"
3004	24-Oct-92	BSc Computer Science	Software developer	6' 00"
3005	23-Mar-96	BSc, MSc Clinical Neuro. Science	NHS Assistant Psychologist	5' 10"
3006	31-Aug-89	BDS, B Eng,MSc Dental Implant Surg.	Dental Implant Surgeon	6' 04"
3007	05-Jul-89	MSc Financial Mathematics	IT Contractor	5' 10"
3008	22-Dec-94	BA(hons), Chartered Accountant	Financial Accountant	5' 08"
3009	23-Dec-94	GCSE	HMI created	6' 00"
3010	20-Feb-93	BA(hons), CEMAP, CERER	Real Estate Underwriter	6' 01"
3011	01-Apr-83	BTEC Diploma-softwarew prog	NHS Clinical Systems Support	5' 07"
3012	17-Feb-86	BSc Geographical Info Systems	Fleet Service Clerk-Amer.Airline	5' 11"
3013	13-Apr-90	Degree Aerospace Engineering	Amtrek Avionics Engineer	5' 11"
3014	21-Dec-79	CompYIA CYSA, MTA Networking	IT Support Engineer	6' 01"
3015	04-Aug-90	BTEC Business, BTEC Sports Science	Civil Enforcement Officer	5' 06"
3016	23-May-95	M Pharm(hons)	Pharmacist	5' 11"
3017	08-Nov-88	BSc Accounting & Finance	Project Manager	5' 10"
3018	14-Jan-91	BSc(hons), MBBS, MRCGP	NHS GP	5' 08"
3019	11-Jun-86	BSc Computing & Management	Business Development Software	5' 08"
3020	17-Dec-93	A levels	-	6' 00"
3021	05-May-81	MSc IT Mnmnt, BSc(hons), HND	Technical Support Analyst	6' 00"
3022	18-Nov-81	AVE IT Business AdminApprenticeship	BUPA Health ServiceConsultant	5' 07"
3023	05-Nov-83	BSc MultiMedia Studies & Computing	working p/t	5' 10"
3024	09-Jan-85	BA(hons), FCA	Chartered Accountant	5' 09"
3025	17-Sep-89	LLB Law	Lawyer	5' 10"
3026	26-Aug-90	MA LLB	Solicitor of England and Wales	5' 11"
3027	01-Jan-92	Acturial Science with Maths	Deloitte/ Acturial Manager	5' 08"
3028	27-Jun-84	BSc	Business Owner	5' 07"
3029	30-Sep-89	BA Business Marketing	Digital Marketing	5' 11"
3030	31-Oct-92	Economics Degree	Finance Business Partner	5' 80"
3031	02-Feb-88	BA	Business Owner	5' 10"
3032	16-Aug-90	BSC Mathematics	Data Engineer	6' 00"
3033	31-Aug-81	Bsc Computer Science	Manager at Brunel University	5' 10"
3034	03-Sep-86	BA Marketing & Accounting	Bank Analyst	5' 07"
3035	19-Feb-88	MBBS, MRCS	NHS Doctor, Surgical Trainee	6' 04"
3036	16-Apr-95	BSc(hons) Computer Science	Test Automation Engineer	5' 08"
3037	25-Nov-85	LLB(hons), LPC	Assoc. Dir. Corporate Planning	5' 11"
3038	05-Sep-90	BSc Financial Economics	Contractor	5' 11"
3039	18-Dec-81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
3040	21-Jun-95	BSc Engineering Warwick Uni	Project Manager	5' 08"
3041	02-Dec-88	City & Guilds Photography, & Cert.	Ryman Stationery	5' 09"
3042	08-Apr-94	BSc(hons) Geography	Law Enforcement	5' 05"
3043	09-May-87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
3044	16-Apr-84	BA Graphic Designer	Travelex Consultant	5' 10"
3045	19-May-83	BA(hons) Property with Business	Self emp. Director Care Home	5' 10"

3046	25-Sep-84	BA(hons) Sociology & Criminology	Hosking Management	5' 11"
3047	05-Mar-83	BSc	Software Engineer	5' 05"
3048	22-Feb-93	BDS, MJDF	Dentist, Specialist Facial Treatment	6' 00"
3049	23-Feb-93	BSc, MSc Economics, MSc Int. Finance	Manager UK Bank Foreign Currency	6' 00"
3050	15-Sep-88	BA Accounting and Finance	Manager at EE	5' 08"
3051	10-Nov-87	BSc Maths and Finance	Business Owner	6' 01"
3052	22-Jan-93	BSc (hons) Law	Management Consultant	5' 11"
3053	08-Jan-92	BSc Economics, ATT, CTA	Corporate Tax Advisor	6' 01"
3054	08-Feb-92	BA Degree	Self Employed Contractor	5' 11"
3055	16-Jan-85	BSc International Bus and Economics	Self Employed	6' 02"
3056	25-Apr-92	MSc	Self Employed	6' 00"
3057	10-Mar-96	Bsc Maths ACA	Auditor	6' 02"
3058	08-Jul-90	Mpharm	Pharmacist	5' 10"
3059	12-Sep-86	BSc (hons) Bus & Management Accounting	Pensions & Investments	5' 10"
3060	10-Sep-90	MSc	Creative Director	5' 05"
3061	31-Jan-93	BSc (hons) Financial Maths	Banking Analyst	5' 11"
3062	29-May-85	BSc Maths	Actuarial Analyst	5' 07"
3063	12-Dec-84	BSc Pharmacology	Clinical Trial Manager	5' 11"
3064	09-Nov-91	BSc Economics	Economist	6' 02"
3065	09-Sep-89	BS (hons) Accounting and Finance ACCA	Chartered Accountant	5' 11"

F E M A L E S

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9312	28-Aug-92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13-Jul-88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26-May-81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12-Jun-84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	8-Feb-86	LLB, LLM	Lawyer	5' 06"
9318	5-Sep-92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	5-Aug-95	Dentist	Dentist	5' 03"
9320	27-Feb-86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16-Sep-93	MBChB(hons), BSc(hons)	Doctor	5' 03"
9322	9-Aug-95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	3-Jan-78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29-Sep-92	Commercial Pilot Licence	Pilot	5' 05"
9325	3-Dec-93	BSc(hons), ACCA	Management Accountant	5' 07"
9326	26-Jul-92	Degree(hons) Economics & Finance	Senior Risk Analysis	5' 04"
9327	13-Mar-91	MBBS, BSc(hons)	NHS Hospital Doctor	5' 07"
9328	21-Feb-95	Deg. Finance/Accounting/Bus. Std.	working in Bank-Finance Dept	5' 04"
9330	12-Nov-83	Solicitor	Solicitor	5' 04"
9331	10-Oct-91	BSc Economics&Financa, ACCA	Accountant	5' 04"
9332	25-Nov-93	DDS-Dentist	self employed	5' 08"
9333	23-Aug-95	LPC LLM	Solicitor	5' 02"

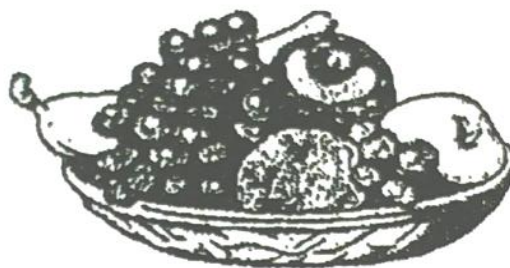
9334	10-Jul-86	MA	Teacher	5' 10"
9335	20-Aug-94	MBBS, BSc(hons)	Doctor	5' 05"
9336	1-Mar-88	MBBS Doctor	GP	5' 04"
9337	9-Jul-93	M Pharm	Hospital Pharmacist	5' 06"
9338	18-Feb-77	Masters	Learning & Development HSBC	5' 06"
9339	19-May-90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9340	4-Apr-93	BA Business Management	Retail Management Manager	5' 01"
9342	14-Feb-95	BSc(hons) Maths,PGDip Education	Teacher	5' 06"
9343	8-Mar-80	Degree Business & Marketing	Administrator in Law firm	5' 02"
9344	26-Mar-91	Mc Optom	Optometrist	5' 03"
9345	27-Nov-81	BSc Math&Management, ACA	Director	5' 06"
9346	21-May-84	CIPD Level 5	HR Assistant	5' 06"
9347	8-Aug-90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9348	30-Nov-88	BSc(hons); MPharm,MRES Immunology	Pharmacist	5' 07"
9349	10-Jun-95	BSc(hons),MSc Pharmaceutical Quality	Manufacturing Investigator	5' 05"
9350	1-Aug-92	Master Chemical Engineering	Project Manager	5' 01"
9351	4-Feb-94	BSc Finance	Investment Banking	5' 08"
9352	25-Oct-84	LLB	Lawyer	5' 05"
9353	15-Aug-91	BSc(hons) Information Systems	Business Analyst	5' 05"
9354	5-Jun-89	BA(hons) Finance, Maths& Stats	Reach Programme Administrator	5' 10"
9355	2-Oct-90	BA(hons) Business Management	self employed business owner	5' 06"
9356	6-Nov-88	MSc, MSc, BSc	Physician Associate in NHS Hospital	5' 02"
9357	13-Mar-90	BSc Mathematics	Chartered Accountant/Consultant	5' 05"
9358	17-Nov-83	BA(hons) HR Managermt & Marketing	Human Resources Business Partner	5' 04"
9359	14-Mar-90	LLB	Solicitor	5' 02"
9360	24-Feb-91	BA Business and Finance	Bank Officer	5' 04"
9361	23-May-86	BA(hons) Economics	Investment Banking Analyst	5' 06"
9362	14-Jan-93	BSc(hons), Maths/Business Mgmnt	Tax Advisor	5' 05"
9363	2-Jun-95	BSc Neuroscience, MSc Mental Health	Medical Advisor Pharma Industry	5' 00"
9364	1-Apr-85	Master Environmental Science	Environ.Consultant/Project Mngr	5' 05"
9365	10-Jul-79	BA Travel & Tourism	Talent Recruitment officer	5' 03"
9366	7-Aug-94	BDS, MFDS Postgrad Diploma	Dentist	5' 05"
9367	18-Feb-88	BA(hons), PGCE	Teacher	5' 05"
9368	21-Dec-82	Degree HR Employment Law	Senior Principle International	5' 05"
9369	12-Nov-92	BA(hons) Eng. Lit & Cretive Writing	Higher Education-CourseCo-ord	5' 03"
9371	28-Apr-82	Masters	Local Authority Officer	5' 06"
9373	3-Sep-91	BSC Economics & Management	Senior Commercial Manager	5' 07"
9374	26-Jan-95	LLB, BA(hons)	Senior Policy Holder	5' 02"
9375	20-Feb-97	LLB	Franchise Business owner	5' 05"
9376	1-Sep-92	BA(hons) Business Management	Civil Servant, Sen. Project Mngr	5' 07"
9377	2-Feb-89	BSc Economics, MSc Economics	Civil Service	5' 10"

9378	12-Jan-90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9379	19-Jun-84	Bsc, MSc, MBA	Management Consultant	5' 04"
9380	13-Aug-93	LLB Law	Solicitor	5' 00"
9381	27-Jul-82	Masters Business & HR	Medical Sales Representative	5' 03"
9382	2-Feb-92	Degree	Optometrist	5' 07"
9384	7-Aug-83	A Levels	Civil Servant – Home Office	5' 07"
9385	7-Jan-89	MBChB, MSc, MRCS	NHS Hospital Doctor	5' 08"
9386	3-Aug-89	BSc Info Systems & Business Mngt.	HR Product Manager	5' 01"
9387	28-Dec-94	PhD	post doctoral researcher	5' 06"
9388	27-Oct-95	M Pharm	Hospital Pharmacist	5' 02"
9389	21-Feb-86	MA, MSc. PhD	Government Research Labs.	5' 05"
9390	31-Jul-77	LLB(hons); PG Legal Practice	Legal Counsel	5' 04"
9391	28-May-93	LLM, Postgraduate	Solicitor	5' 06"
9392	25-Jan-94	Law degree solicitor	Associate	5' 02"
9393	2-Feb-92	degree Architecture	Senior Traffic Engineer	5' 05"
9394	25-Feb-91	BSc (hons), MSc, stdy. Doctorate	Trainee Counselling Psyc'gist.	5' 03"
9395	12-Oct-90	Masters Pharmacy	Pharmacist	5' 05"
9396	27-Nov-92	A levels	Finance officer	5' 02"
9397	9-Jul-82	BA Business Studies	Civil Servant	5' 00"
9398	19-Oct-94	MA Finance and Accounting	Finance Administration	5' 08"
9399	8-Oct-82	BA Hons	Software Consultant	5' 05"
9400	24-Feb-78	Diploma Business & Psychology	Personal Assistant	5' 03"
9401	8-Nov-88	MPharm	Associate Director	5' 07"
9402	5-Jan-88	Degree in Optometry	Optometrist	5' 06"
9403	13-Mar-81	Investment Banking	LLB LLM	5' 06"
9404	4-Dec-81	MSc Physics	Research Scientist	5' 09"
9405	20-Jun-87	MBA International Management	Amazon Web Services	5' 06"
9406	28-Jun-94	M Pharm, PGD Clinical Pharmacy	Hospital Pharmacist	5' 06"
9407	13-Mar-91	M Pharm	Pharmacist	5' 08"
9408	29-Aug-87	BSc(hons) Computer Sci.& Mngmt.	Data & Analytics Manager	5' 04"
9409	21-Jul-93	Lawyer	Lawyer	5' 04"
9410	13-Jul-91	BA Accountanc and Finance	Management Accountant	5' 04"
9411	25-May-89	MA Maths	Actuary	5' 07"
9412	17-Jun-90	BSC Maths	Product Strategist in Asset Mgmt	5' 00"
9413	25-Dec-85	MBCh MRCS	Senior Registrar	5' 06"
9415	7-Jan-97	BSc (hons) Computer Science	Senior Software Engineer	5' 06"
9416	13-Dec-81	Business Management	Pre School Teacher	5' 05"
9417	10-Jan-96	MBBS	Junior Doctor	5' 07"
9418	29-Jun-88	MA History	Project Co-ordinator	5' 06"
9419	14-Jul-90	MPharm	Clinical Product Pharmacist	5' 00"
9420	15-Dec-82	BA Economics and Business	Project Co-ordinator	5' 03"

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